



CHRISTMAS OPEN SWIMMING CHAMPIONSHIPS
DECEMBER 18-20, 2010

ASAJ SANCTION # 21028

VENUE: National Stadium Pool - 8 Lane 50M- (with 25m warm up pool)
Colorado Electronic Timing System (CTS6); pads with back up buttons

DATES & TIMES: Saturday, December 18, 2010 9:00 a.m.
Sunday, December 19, 2010 9:00 a.m.
Monday, December 20, 2010 5:00 p.m.

Pool will be opened 1½ hours before starting time.

ELIGIBILITY: All Clubs and Swimmers, in good standing, registered with the ASAJ or other FINA affiliated Federations.
Ages for the meet shall be as of midnight December 31, 2009
Minimum age for OPEN Events – 10 years old

MEET FORMAT: ALL EVENTS WILL BE TIMED FINALS

ENTRY LIMITS: Number of entries per Club - No limit
Number of entries per Club in Open events - No limit
Number of relay teams per Club - 2 per event

ENTRY FEES: JA\$120.00 per individual event, if entries are submitted using Hy-Tek software
JA\$130.00 per individual event, if entries are NOT submitted using Hy-Tek software
JA\$150.00 per relay team, per event
JA\$150.00 per individual event if entries submitted after 4:00 PM on Friday, December 3, 2010

ACCOMMODATION: The ASAJ has arranged special room and dining rates at the Knutsford Court Hotel just 10 minutes from the pool. Details can be found on our website www.swimjamaica.com. If preferred, the ASAJ can arrange home accommodation.

RULES: FINA Rules and ASAJ By-Laws in force at time of competition will apply. See attached form for Additional Rules and Regulations. Referees and Starters who are on the FINA Swimming Lists No. 14 and 15 will work each session.

REGISTRATION: The ASAJ Register closes at 4:00 p.m. on **Friday, November 26, 2010**

ENTRY DEADLINE: 4:00 p.m. on Friday, December 3, 2010. Entries are to be delivered to the ASAJ Office or the ASAJ Mail Box at the National Stadium Pool. Entries are preferred on diskette using Hy-Tek software. Deliver as indicated above or email to: asaj@cwjamaica.com

Note: 1. ALL ENTRY FEES MUST BE PAID BEFORE START OF MEET

NB: If the entry fees are not paid before the start of the competition, a penalty equal to 15% of the entry fees will be added.

ADDITIONAL RULES

1. P.A. System is to run the Meet - primary mike will be for the starter and announcer.
2. **Local clubs** are required to submit, **with their entries**, a list of volunteers to act as Technical Officials and to perform other duties essential to the smooth running of the competition. Clubs must submit the names of volunteers to the ASAJ Office at least four (4) days before the start of the competition. Volunteers **MUST** report to the volunteer desk at least 60 minutes before the start of the competition for registration and assignment. Clubs are expected to provide the following number of volunteers (non-compliant clubs will be excluded from participation in the Session):
 - 1 - 10 swimmers entered: One (1) volunteer per session
 - 11 - 20 swimmers entered: Four (4) volunteers per session
 - 21 - 40 swimmers entered: Five (5) volunteers per session
 - 41 or more swimmers entered: Eight (8) volunteers per session
 - Unattached swimmers: One (1) volunteer for one (1) session

MARSHALLING

3. There will be no Marshalling area for preliminary heats. Swimmers in the next heat must be behind the blocks while the current heat is in progress.
4. Marshaling will be used for the finals. Swimmers should report to the Clerk of Course at least three races before their event
5. Once the starter has taken control of the race (after second whistle), no swimmer may then enter the race. If this occurs, the swimmer will be disqualified and not allowed to swim.

ENTRIES AND RESULTS

6. Competitors will only be allowed to swim in their age group.
7. Scratches are allowed at any time.
8. **Deck entries and times trials will be allowed. Swim times will be included in the final results but will not score points. A fee of JA\$200.00 per event will be charged.**
9. Original Relay cards must be handed in to the Recorder thirty (30) minutes before the start of the first event of the session. Duplicate copy must be handed to the chief lane judge prior to the start of the race. Any change must be made at least four (4) events prior to the scheduled event number, after that on presentation of a medical certificate. The swimmers must be named in order of swimming in accordance with FINA rules.

AWARDS AND POINTS

10. Points will be awarded to the top eight swimmers.
 - i. 9, 7, 6, 5, 4, 3, 2, 1 (INDIVIDUAL EVENTS)
 - ii. 18, 14, 12, 10, 8, 6, 4, 2 (RELAYS)
11. MEDALS will be awarded to the top three finishers
12. A Trophy will be awarded to the 1st place Club; 2nd and 3rd place Clubs will be awarded trophies ranked according to points.
13. A performance trophy will be awarded to the male and female swimmer in the OPEN category.
14. A performance trophy will be awarded to any swimmer who attains at least one USS T16 time.

ORDER OF EVENTS - 2010 CHRISTMAS OPEN SWIMMING CHAMPIONSHIPS

SATURDAY: START AT 9:00 a.m.

| | | |
|-------|--------------------|-----------------|
| 1 | 800 M Freestyle | F/M OPEN |
| 2 | 1500 M Freestyle | F/M OPEN |
| 3-4 | 100 M Breaststroke | F/M OPEN |
| 5-6 | 50 M Butterfly | F/M 9 YEAR OLDS |
| 7-8 | 50 M Butterfly | F/M OPEN |
| 9-10 | 200 M Backstroke | F/M OPEN |
| 11-12 | 100M Freestyle | F/M 9 YEAR OLDS |
| 13-14 | 100 M Freestyle | F/M OPEN |
| 15-16 | 200 M - I.M. | F/M OPEN |
| 17 | 200 M Free Relay | MIXED RELAY |

SUNDAY: START AT 9:00 a.m.

| | | |
|-------|-------------------|-----------------|
| 18-19 | 400 M - I.M. | F/M OPEN |
| 20-21 | 50 M Breaststroke | F/M 9 YEAR OLDS |
| 22-23 | 50 M Breaststroke | F/M OPEN |
| 24-25 | 100 M Backstroke | F/M OPEN |
| 26-27 | 50 M Backstroke | F/M 9 YEAR OLDS |
| 28-29 | 200 M Freestyle | F/M OPEN |
| 30-31 | 50M Freestyle | F/M 9 YEAR OLDS |
| 32-33 | 100 M Butterfly | F/M OPEN |
| 34 | 400 M Free Relay | MIXED OPEN |

MONDAY: START AT 5:00 p.m.

| | | |
|-------|--------------------|------------|
| 35-36 | 400 M Freestyle | F/M OPEN |
| 37-38 | 200 M Breaststroke | F/M OPEN |
| 39-40 | 50 M Backstroke | F/M OPEN |
| 41-42 | 200 M Butterfly | F/M OPEN |
| 43-44 | 50 M Freestyle | F/M 10-12 |
| 45-46 | 50 M Freestyle | F/M OPEN |
| 47 | 400 M Medley Relay | Mixed Open |